

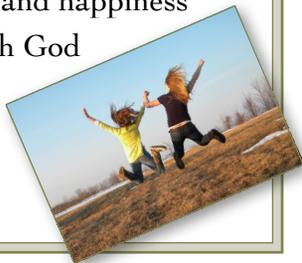
AD MAJOREM DEI GLORIAM
(FOR THE GREATER GLORY OF GOD)

St. Ignatius developed this method of prayer in the early 16th century. It works best if prayed each day – sounds hard, but remember the prayer's short!

This method of prayer helps us to...

- sort through our feelings and act from them honestly and appropriately
- confess the ways in which we don't let God into our lives
- care more deeply about others
- find healing, strength, and happiness
- grow in friendship with God

In these ways we will glorify God!



Take, Lord,
and receive all my liberty,
my memory, my understanding
and my entire will –
all that I have and possess.

You have given all to me;
to you, Lord, I return it.

All is yours;
do with it what you will.
Give me only your love and your grace;
that is enough for me.

—*St. Ignatius Loyola*

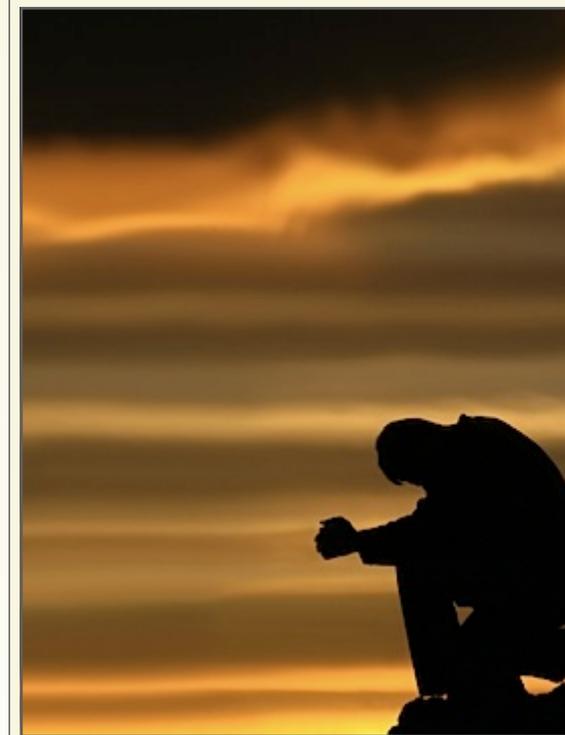
For more information on the Examen, go to
<http://ignatianspirituality.com/ignatian-prayer/the-examen/>



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THE EXAMEN

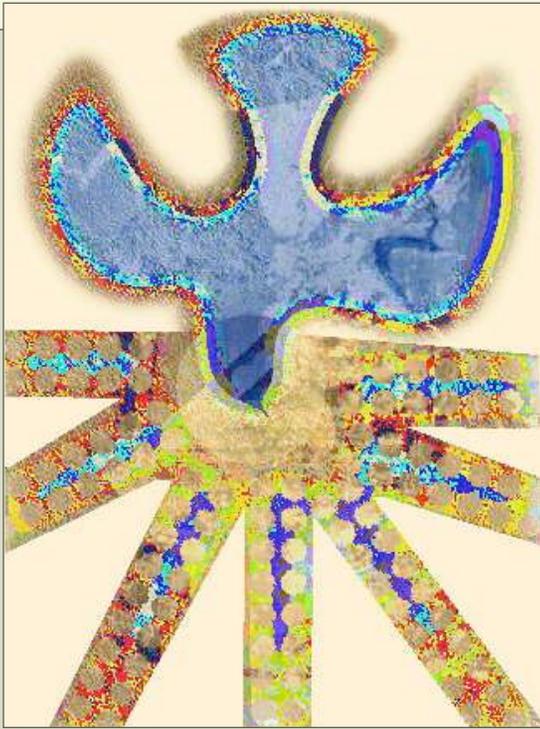
5 STEPS TO GOD



❖ A METHOD ❖

The Examen is a simple examination of conscience that takes 15-20 minutes. It was developed by St. Ignatius of Loyola to help people look more closely at their actions and the motivations behind those actions. By reflecting honestly on each day of our lives we will gradually become better people.

The 5 Steps of the Examen



A SUGGESTED PRAYER

Lord,
I don't always realize you are with me. I get caught up in my classes, work, and friends. I forget about you and don't take time to pray.

Remind me of all the good things I take for granted.

Make me look at what I don't want to see in myself, at what I don't want to change but should.

Share your Holy Spirit with me, for without your guiding hand I will never become the holy and happy person I can and want to be.

Amen.

1. RECOGNIZE GOD'S PRESENCE

Whether you are in the residence hall, library, Newman Center, or at your parents, God is with you. God brought you into being, loves you, and wants you to thrive and be filled with joy. Take a moment to sense God's loving presence within and around you.

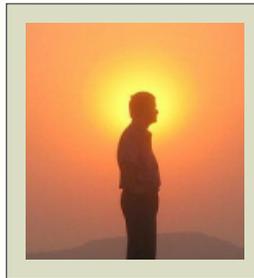
2. GIVE THANKS

Express your gratitude for the good things that have happened today, great and small. Appreciate the sun or snow, flowers that are blooming, a food you enjoy, and simple gestures of kindness like a smile or wave.

Also give thanks for the love of family and friends, for health, for your hope and faith. Think of all the ways in which your life is full and rich.

3. PRAY FOR THE SPIRIT'S GUIDANCE

Ask the Holy Spirit to help you look more closely at your day. Pray for the freedom to examine your motivations and actions honestly.



4. EXAMINE THE DAY

Walk through the day (either yesterday or today) hour by hour, from the beginning to now. Look at the people with whom you interacted and consider how you treated them and what you were thinking and feeling. Look at what you did and didn't do.

Many situations will show that your heart was divided, wavering between helping and disregarding, scoffing and encouraging, listening and ignoring, rebuking and forgiving, neglecting and thanking.

Choose one moment in which you could have let Christ lead you but didn't. Ask what you truly felt in this moment – look closely because too often we hide our true feelings. Ask why you turned away from Christ.

5. RESOLVE TO DO BETTER

Confess your failure and your need for God. Ask God to forgive you for turning away.

Look ahead to what you should do in the coming days. Admit to any feelings of fear, self-doubt, or apathy. Ask God for strength, healing, or whatever you need to overcome sin and weakness. Set your heart on trying to do better, and remember that God is with you.